

LONDON metro®

Wednesday's Jackpot
\$21,000,000
estimated

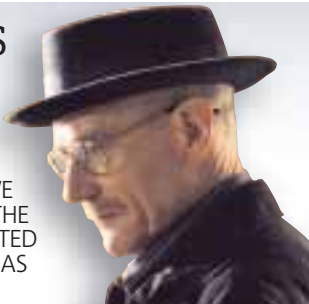


PLUS A
**GUARANTEED
\$1 MILLION
PRIZE DRAW**



LIFE LESSONS FROM METH MAKERS

WITH BREAKING BAD'S
SERIES FINALE OVER, WE
LOOK BACK AT WHAT THE
DRAMA THAT CELEBRATED
EVIL AND DEPRAVITY HAS
TAUGHT US **PAGE 9**



PMO demands Londoner's release from Egyptian jail

After nearly 45 days, Canada
calls for Dr. Loubani's and Mr.
Greyson's freedom **PAGE 3**

No B-ball experience? No problem

Drake to the rescue! With the
2016 NBA All-Star game set
for T.O., the Raptors look to
rapper for rebranding **PAGE 6**

Comfort fees coming to airlines in U.S.

Extra legroom, early
boarding, quiet lounges?
Just the beginning. Now
think iPad rentals, too **PAGE 7**

Cheerleaders given no warning before ticket issued: Police



A London police officer writes one of the 270 tickets handed out during Western University homecoming enforcement on Saturday. ANGELA MULLINS/METRO

Western. Deputy chief says officer justified

"Deeds, not words."
London police took their
motto to heart over Homecom-
ing weekend when one officer
issued a \$140 ticket to Western
University cheerleaders for be-
ing a "nuisance in the street for
conducting a cheerleading per-
formance."

And he did so without warn-
ing them to stop first. The in-
cident has gone viral with many
accusing police of being heavy
handed with students who
were just out for a good time.

Deputy Police Chief Brent
Shea defended the officer's ac-
tion Monday, saying the cheer-
leaders were performing for
a crowd that had grown to at
least 2,000 people.

The crowd, he said, was
blocking traffic and emergency
vehicles wouldn't have been
able to access the street if they

Tickets
270

Tickets issued by police during Western
University homecoming enforcement. Of
those, 212 were for liquor violations.

had been needed. Police were
trying to move the mob along
when the cheerleaders began
to perform.

Officers "were quite sur-
prised" to see the cheerleaders
"throwing people up in the air
and catching people" on a pub-
lic street, Shea said.

"Nearly 250 to 300 specta-
tors ran specifically to the area
where the cheers were tak-
ing place in the middle of the
roadway on Broughdale Ave.,
between Richmond Street and
Audrey (Ave.)," he said.

The rush to the perform-
ance, he said, impeded efforts
to disperse students.

Shea said the cop who

issued the ticket is a seasoned
and experienced community
police officer, but he acknow-
ledged no warning was given
before the ticket was doled out.

"My information is that they
weren't specifically spoken to
prior to the issuance of the tick-
et," Shea said. "They were part
of the enforcement that was
being engaged on the street at
the time."

While various police forces
across the province Metro
spoke with Monday said they
adopt similar strategies of zero-
tolerance crowd control, some,
including an Ottawa police in-
spector, said they would have
spoken to the cheerleaders first
before writing a ticket.

"If you start blocking the
street by doing cheerleader
stuff, you're going to be es-
corted off the ground pretty
quickly," said Insp. Chris
Rheaume. "But I always talk
first. That's what we get paid
for. Use your mouth first."

SCOTT TAYLOR/METRO

THE BOYS ARE BACK!

CATCH EVERY
TORONTO MAPLE LEAF GAME
PLUS 41 RED WINGS GAMES



THE PUCK DROPS HERE

Funny
1410 AM
COMEDY RADIO

IN PARTNERSHIP WITH



P.K. Subban

P.K. SUBBAN
MONTREAL CANADIENS
DEFENCEMAN & HYUNDAI
HOCKEY HELPERS
AMBASSADOR

HYUNDAI HOCKEY HELPERS

Last year Hyundai Hockey Helpers helped over 1,800 kids get in the game and is working hard to help even more this year. Give a kid the opportunity to experience teamwork, dedication, pride, and of course, the fun of hockey.



HYUNDAI 1000 PUCK CHALLENGE

Join us and take the Hyundai 1,000 Puck Challenge to improve your game AND help kids in your community play hockey.

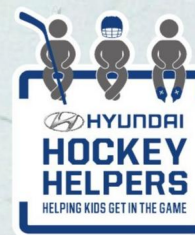
TAKE THE CHALLENGE AT
HYUNDAIHOCKEY.CA



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NEW POSSIBILITIES.™

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\$300,000 seizure

Four charged in St. Thomas pot bust

Three men and a woman are facing a host of drug charges after St. Thomas police simultaneously executed search warrants at four city residences on Saturday.

As a result of the raids, police say \$300,000 of marijuana was seized and four people were arrested and charged.

Two men in their 50s have been charged with production of a controlled substance and possession for the purpose of trafficking. A 20-year-old man is charged with production and possession for the purpose of trafficking and a breach of his probation, while a 47-year-old woman was charged with possession for the purpose of trafficking.

Police report the pot seized was in different stages of production.

SCOTT TAYLOR/METRO

Fired into patio

Jack's shooter gets 12 years

The man convicted of seriously injuring a bystander when he fired a gun into a Richmond Row patio has been sentenced to 12 years in prison.

Jordan Faraj was found guilty of the August 2011 incident at Jack's nightclub in June. His sentence was handed down Monday.

The defence had requested a sentence of six to eight years, while the Crown argued in favour of a 12-year prison term.

Justice Kelly Gorman said that by firing three shots into the crowd Faraj showed a "complete disregard for human life."

AM980/AM980.CA



The former Grand Trunk Railway roundhouse has stood at Waterloo and Horton streets since the mid-1800s. Two London businesses are now planning to move into the building, which has sat empty since late 2007. MARK SPOWART/FOR METRO

Marketing on the menu at SoHo site

New life for historic space. Community association applauds plans by two firms to move into former Great West Beef steak house

MARK SPOWART
london@metronews.ca

Two downtown London marketing firms are on the move — headed for the former Great West Beef steak house in SoHo.

Atmos Marketing and rtraction Canada will formally make the announcement Tuesday, and officials from both were tight-lipped about the development when contacted Monday.

The SoHo Community Association, meanwhile, is gushing. "It is amazing to finally see something going into that building," said Tanya Park, the association's president.

The building has sat empty since November 2007, when the steak house — once a popular London restaurant — shuttered its doors.

Redeveloping the SoHo neighbourhood has been a

At a glance

Commissioned by the Great Western Railway, the building at 240 Waterloo St. served as a roundhouse for the company as well as for Michigan Central Railway, Grand Trunk Railway and the Canadian National Railway.

focus for the city, which recently completed a large-scale development plan for the area, and Park hopes new businesses will create some additional interest.

Some changes, she said, are already noticeable.

Goodwill Industries has a new building on Horton Street just west of Wellington Road, and Medix College moved into an existing building at Richmond and Horton streets earlier this year.

"I really think Horton Street is coming along," Park said. "As with any community improvement plan, they all take their time, but I think this one is progressing well."

Atmos and rtraction plan to be in the new space by early 2014, according to a post on rtraction's Facebook page.

PM's office demands release of Londoner jailed in Egypt



People rally for the release of Tarek Loubani and John Greyson last week in London. DAVE CHIDLEY/THE CANADIAN PRESS

It took nearly 45 days, but the Prime Minister's Office finally used blunt language regarding the imprisonment of London doctor Tarek Loubani and Toronto filmmaker John Greyson.

In a statement, the PMO has called for the men to be freed from an Egyptian jail.

"In the absence of charges, Dr. Loubani and Mr. Greyson should be released immediately," the statement reads.

Instead, an Egyptian prosecutor said Sunday, Loubani and Greyson will be held for

another 45 days.

That could result in dire consequences for the men because of a hunger strike they began Sept. 16. Already two weeks into it, they most likely would need to end it or be freed to survive.

Their existence in the Tora prison in Cairo has been a nightmare, they said in a statement released to the media.

They've been held, they say, in "ridiculous conditions" with "no phone calls, little to no exercise" and "sharing a single tap

of earthy Nile water" alongside 36 other political prisoners.

The pair was headed to Al-Shifa Hospital in Gaza, where Loubani volunteers. He brings people with him each time, and, this time, Greyson was to shoot a short film about Loubani's work.

The border they were to use was closed, so they never made it out of Egypt.

Recently, Canadian consular officials said the men were in good spirits, but weakening.

SCOTT TAYLOR/METRO

Events of Aug. 16

Loubani, a doctor, treated injured protesters in Cairo's Ramses Square, while Greyson filmed events there.

- They claim to have seen 50 people die there on that day.
- They were arrested while asking for directions at a police station.

Scion City Chase. Urban adventure race hits Forest City this fall

It's an amazing race to test teams in an urban environment, and it's coming to London.

Billed as The Amazing Race meets Survivor, the Scion City Chase is to stage its Canadian championships downtown.

The race pits teams against each other in a 36-hour challenge designed to test resourcefulness in an unfamiliar location.

"The event will be primarily hosted in the downtown core, and it will integrate local landmarks and things the city is known for," said Cheryl Finn, director of sports marketing at Tourism London.

The locations are being kept under wraps for now, but Finn said the public will find it easy to watch the action.

The Canadian Championships will feature the eight winning teams in the 2013 regional races, which stretched from Vancouver to Halifax. The challenges included aerial ski jumping in Quebec City, shark fishing in



Cheryl Finn of Tourism London
CONTRIBUTED

Halifax and wine making in Niagara Falls.

"Adventure racing is something that is growing," Finn said. "This is called urban adventure racing, but when you look at the new treetop adventure tour at Boler Mountain, it is something we are starting to integrate to show the diversity of events we can host in London."

The Scion City Chase Canadian Championships are slated for Oct. 17-19. **METRO**

Yogathon

Do the downward dog for charity

A "celebration of freedom of movement" is planned for Sunday in aid of a good cause.

A Yogathon from 10 a.m. to 3 p.m. at the Mount (1486 Richmond St.) will raise money for Operation Walk Canada. It is open to people with all levels of yoga experience and will include music, breathing exercises and meditation.

Operation Walk provides joint replacement for people with hip and bone disease in countries including Guatemala and Ecuador. **METRO**

Celebrate Ontario funds

Get funding for your festival

Applications are open for this year's round of Celebrate Ontario funding.

The money supports festivals and events in communities across the province with the aim of increasing tourism and creating jobs.

The province has included a new funding category this year: international amateur

sport hosting. Other categories are annual festivals and major one-time events.

Celebrate Ontario supported 22,000 jobs and more than 200 festivals and events across the province this year, including London's Rock the Park.

The application deadline is Nov. 12. **METRO**

Push to keep it open

Meeting set to discuss Lorne Ave. school closure

A town hall meeting has been called for people and groups interested in keeping Lorne Avenue Public School open.

The meeting will focus on determining if the building is a suitable option for housing programs offered by the London InterCommunity Health Centre.

Sponsored by the Old East Village Community Association and the Old East Village BIA, the meeting will be from 7 to 9 p.m. Monday in the school gym.

For details, contact the health centre's executive director, Michelle Hurtubise, at 519-660-0874, ext. 245. **METRO**



Will there be fancy Dijon ketchup at this concert?

The Barenaked Ladies, pictured here during the medal ceremony at the 2010 Winter Olympics, are coming to Budweiser Gardens on Feb. 4. It's one of 10 stops on the band's new tour, which starts Jan. 17 in Vancouver. Tickets for the London show start at \$41.25 and go on sale at 10 a.m. Friday. The tour includes special guests Ladies of the Canyon. **KEVORK DJANSEZIAN/GETTY IMAGES**

Another delay for downtown campus?

Centre for Digital and Performing Arts. The opening of Fanshawe College's Dundas Street location has already been pushed back once

Fanshawe College leaders are expected to decide this week if the new downtown campus will be ready for a mid-October launch.

The Centre for Digital and Performing Arts on Dundas Street was expected to be ready for about 400 students

when classes started in September. Construction schedules delayed the opening, forcing students slated to take seats elsewhere, including on Fanshawe's main Oxford Street campus.

"Our facilities folks will be on-site this week to determine the status of the building and decide later this week when we will be moving students in," said Elaine Gamble, Fanshawe's senior manager of corporate communications.

The college announced it had bought the 50,000-square-foot building at 137 Dundas St. in September 2011. Construction started a year later, and

the hammers are still swinging this week.

Gamble said the building won't be opened until college officials are certain it's a fitting environment for learning.

That's part of what the walkthrough this week is meant to determine, she said.

"We want to assess the quality of the experience for students for when they go there," Gamble said. "We don't want that (state of the building) to impact the student."

When opened, the new campus will be one of two downtown locations for the college — about 210 students

Creative hub

Fanshawe's Centre for Digital and Performing Arts will be home to a number of creative programs, including 3-D animation and character design, interactive media design and production as well as technical costume design.

attend classes at Citi Plaza.

Fanshawe recently announced plans to turn Market Tower at Richmond and Dundas streets into classrooms.

MARK SPOWART/FOR METRO

Ontario launches \$2.5M breastfeeding plan

Breast is best.

That was the message from Ontario Health Minister Deb Matthews as she unveiled a \$2.5-million plan Monday to boost breastfeeding.

Matthews said while about 90 per cent of mothers want to breastfeed their babies, only 60 per cent are doing so upon leaving hospital after giving birth. By six months, just 28 per cent are still breastfeeding.

Nanny state?

"We know that we can get more women doing what we want them to do — breastfeeding — if we provide the right supports for them."

Ontario Health Minister Deb Matthews

Because breastfeeding improves development and reduces the risk of obesity and the incidence of obesity in a

child for the rest of its life, it's a win-win for everyone, Matthews said.

That's why the provincial

government will soon launch a 24-hour hotline for new mothers to help guide them through the sometimes difficult early days and nights of breastfeeding.

The province will also focus on mothers in demographic groups that have lower rates of breastfeeding and encourage the practice in hospitals and community health care clinics.

TORSTAR NEWS SERVICE

Thawing relations. Baird warns United Nations of Iranian 'charm' offensive

Foreign Affairs Minister John Baird warned the United Nations General Assembly on Monday to avoid being taken in by any Iranian charm offensives.

Baird evoked the memory of the failed appeasement of Nazi Germany in the year before the Second World War as he urged the gathered members in the UN chamber to tread carefully when taking Iran at its word.

He also spoke of the need to end the human-rights violations against girls and women, describing forced marriage as rape, and calling several times for the "human family" to unite to end violence against women.

On Iran, Baird was addressing an apparent thaw in the three decades of strained relations between the United States and Iran



Iranian President Hassan Rouhani
THE ASSOCIATED PRESS FILE

after President Barack Obama spoke by phone with his Iranian counterpart Hassan Rouhani last week.

It was the first conversation between the leaders of the two countries since the 1979 siege of the U.S. embassy in Tehran.

THE CANADIAN PRESS

Saudi Arabia. Doctor rejects claim that driving affects woman's ovaries

A Saudi doctor has gone on-air to dismiss claims made by a well-known cleric who caused a stir when he said medical studies show driving affects a woman's ovaries.

In comments aired over the weekend by the privately owned Rotana channel, gynecologist Mohammed Baknah says scientific studies have not proven that driving has adverse effects on women's reproductive health.

He was addressing remarks by Sheik Saleh Saad el-Leheidan who said that women who drive suffer from having the pelvis forced upward. His remarks were

Defying driving ban

- Hardline clerics have opposed a campaign scheduled for Oct. 26 calling on women to drive in defiance of a ban in the ultraconservative kingdom.
- Another cleric this month called on people to harass women who drive.

published Saturday in an interview with the website el-Sabq.

THE ASSOCIATED PRESS

Human rights

NSA leaker Snowden up for top EU prize

U.S. intelligence leaker Edward Snowden is among three finalists for the European Union's top human-rights prize. European lawmakers narrowed down the list of nominees for the award to Snowden, Pakistani schoolgirl Malala Yousafzai and imprisoned dissidents from Belarus. THE ASSOCIATED PRESS

Investigation

NYC police check into report of parachutists

New York City police are looking for two unidentified people who may have parachuted onto a Manhattan street. NYPD Commissioner Raymond Kelly said private security guards reported seeing parachutists land in front of the Goldman Sachs headquarters at about 3 a.m. Monday.

THE ASSOCIATED PRESS



The morning sun illuminates the U.S. Capitol in Washington on Monday, as the government teetered on the brink of a partial shutdown unless Congress could reach an agreement on funding. The core of the dispute is the nation's health-care overhaul. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

Funding squabble fuels fears in Washington

'Obamacare' at core of dispute. Nation's stock market drops as fears spread over partial government shutdown

Republican unity showed unmistakable signs of fraying Monday as the U.S. Senate swatted aside the latest tea party-driven demand to delay the nation's health-care overhaul in exchange for averting a partial government shutdown at midnight.

Even in advance of the 54-46 party-line Senate vote, the stock market dropped as fears spread that the first shutdown in 17 years would inconvenience millions and

harm the economy.

Ironically, the issue at the core of the dispute, implementation of key parts of "Obamacare," will begin Tuesday on schedule, shutdown or no.

As lawmakers squabbled, President Barack Obama urged them instead to "act responsibly and do what's right for the American people."

At the White House, he said he was willing to discuss long-term budget issues with members of Congress, and expected to soon. But, he added, "The only way to do that is for everybody to sit down in good faith without threatening to harm women and veterans and children with a government shutdown."

Obama's Democratic allies

prevailed easily in the Senate on a vote to reject the latest House-passed bill, a measure that would delay the new health-care law for a year and repeal a tax on medical devices that helps pay for the program.

Anticipating their legislation would be rejected, House Republican leaders met in Speaker John Boehner's office to plan their next move.

Officials said that even though time was running short, they were expecting at least one more attempt to squeeze a concession from the White House, likely a demand to force a one-year delay in the requirement for individuals to purchase health coverage or face financial penalties. THE ASSOCIATED PRESS

Impact

Any shutdown would cause an uneven impact across the face of government, inconveniencing millions.

- Many low-to-moderate-income borrowers and first-time homebuyers seeking government-backed mortgages would face delays. Passport applications would be delayed.
- Some critical services such as patrolling the borders, inspecting meat and controlling air traffic would continue.

Essential workers to stay on job

In 1995, with American lawmakers having failed to agree on a budget, the government shut down. As a result, President Bill Clinton found himself surrounded by interns in the White House, as regular staff had to stay home. That's how Clinton met Monica Lewinsky.

Now, 18 years later, the U.S. government faces another shutdown. It needs a loan to keep paying its bills, but Re-

publicans will only agree to letting it borrow more money if Democrats agree to reduce Obamacare, President Obama's government-supported national health-care system.

Since neither side has backed down, federal agencies were expected to close their doors Tuesday. Employees will be furloughed — forced to stay home without pay — and only essential services will be performed.

"Essential services" is the critical word: The government doesn't actually shut down. According to calculations by USA Today, only some 40 per cent of federal workers would have to stay home. The armed forces won't be furloughed, for example: All soldiers and officers must remain on the job, though they won't be paid. In other words, the Afghanistan war won't be directly affected.

ELISABETH BRAW/METRO WORLD NEWS



Former White House intern Monica Lewinsky THE ASSOCIATED PRESS FILE

Metro editor releases new book on Road to the NHL

A must read! Philip Croucher of Metro Halifax tells 25 stories of Maritimers making it all the way up the long and winding road



DAVE LANGFORD
dave.langford@metronews.ca

The Road to the NHL takes many different twists and turns for players seeking their first glimpse of the sights and sounds of a National Hockey League arena.

None more difficult than the path taken by Frederickton's Willie O'Ree.

More than 10 years after Jackie Robinson broke the colour barrier in major league baseball, O'Ree had the same distinction in the National Hockey League.

The date was Jan. 18, 1958, and O'Ree was a Bos-

ton Bruins' farmhand called up from the Quebec Aces for his first game. The site was the old Montreal Forum and there was little fanfare.

"I didn't know what I had done until I read the papers. It was the media that gave me the name 'the Jackie Robinson of hockey.'"

The story is one of the favourites in a new book written by Metro Halifax managing editor Philip Croucher titled Road to the NHL: The incredible stories of 25 Maritimers making it to The Show.

Croucher said it was a "privilege" to talk to O'Ree more than 50 years after that ground-breaking day.

"The big thing was not just the racism he felt; he also was playing basically with one eye. A lot of people forget that," Croucher said.

"Not only was he dealing with constant racist chants while he was playing, but he was also not able to physically see like he wanted to."

Croucher said O'Ree's in-

The players profiled

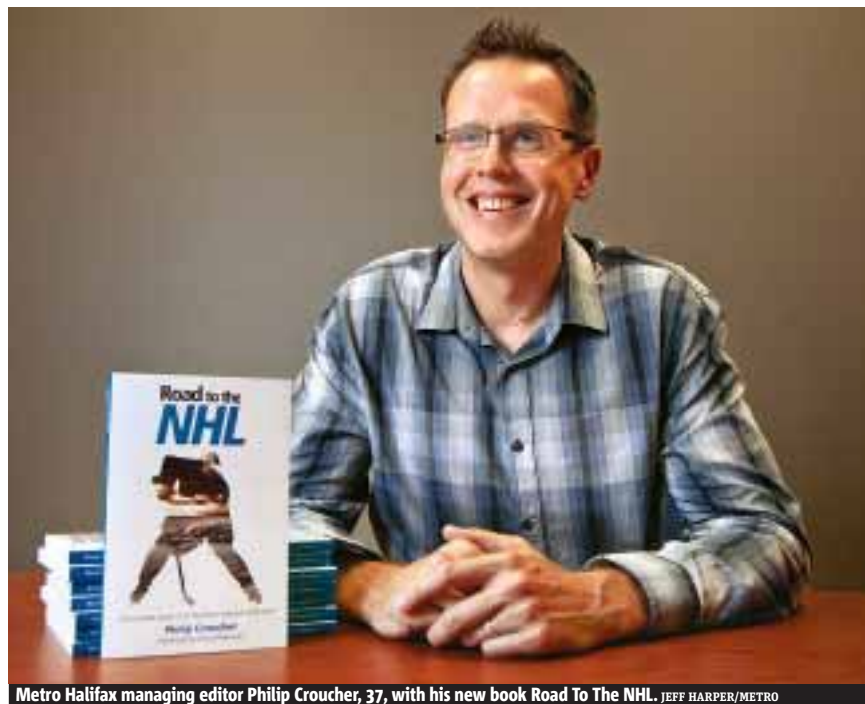
1 Nova Scotia. Eric Boulton, Sidney Crosby, Norm Ferguson, Lowell MacDonald, Al MacInnis, Paul MacLean, Brad Marchand, Mike McPhee, Glen Murray, Jody Shelley, Colin White.

2 New Brunswick. Mike Eagles, Danny Grant, Randy Jones, Rollie Melanson, Willie O'Ree, Scott Pellerin, Don Sweeney.

3 Prince Edward Island. Gerard Gallant, Forbes Kennedy, Al MacAdam, Billy MacMillan, Bobby MacMillan, Adam McQuaid, Brad Richards.

clusion in the book was an easy one, but it wasn't as simple making all the choices.

He said the book deals with the path to the NHL and not the events that happened once they got there.



Metro Halifax managing editor Philip Croucher, 37, with his new book Road To The NHL. JEFF HARPER/METRO

Drake to help rebrand Raptors for 2016 All-Star game



Rapper Drake and Mayor Rob Ford share a laugh at Monday's announcement that T.O. will host the 2016 NBA All-Star game. FRANK GUNN/THE CANADIAN PRESS

The 2016 NBA all-star game is coming to Toronto and the Raptors are looking to one of the music industry's biggest stars to help revamp the franchise in time for the festivities.

The club has named Drake its new "global ambassador" and the Toronto rap star will have a voice in the team's rebranding.

Tim Leiweke, president and CEO of Maple Leaf Sports and Entertainment, says he and his team are in the process of planning a major facelift that will

include a new look and new colours, but not a new name. Leiweke says Drake will be heavily involved in the rebranding effort, which is expected to take the next two seasons.

"I'm really out here with the people; I'm in touch with what they want to see," Drake said at a news conference Monday confirming Toronto as the 2016 host.

"I really just want excitement for this team. I want us to be one of the biggest teams in the league."

Drake says he wants to do "everything in my power to increase the brand and just grow the franchise."

Leiweke called the all-star announcement the beginning of a "new age" for the Raptors.

But the Raptors have a long way to go on the court. They haven't made the playoffs since 2008. New GM Masai Ujiri says the onus is now on him and his players to improve. Mayor Rob Ford also attended Monday's announcement.

THE CANADIAN PRESS

The past

The city last hosted an All-Star game in 2008 when Major League Soccer held its showcase here.

- The NHL staged its All-Star game in Toronto in 2000 while the Toronto Blue Jays hosted baseball's marquee contest in 1991.
- The 2014 NBA All-Star game will be in New Orleans.

Mitten marketing

Now blue mitts with Go USA to be sold by USOC

The U.S. Olympic Committee is taking a page from the red-mittens craze Canada sparked at the 2010 Vancouver Games.

The USOC will start selling its own blue mittens — with the words

Go USA embroidered on the palms — on Oct. 29.

They'll go for \$14 a pair on the USOC website.

Proceeds from the sales will help U.S. athletes on their way to Sochi, Russia.

The USOC hopes the mittens will be as big a hit for the U.S. team as they were for Canada.

THE ASSOCIATED PRESS



First in Canada

Blood bank for umbilical cords opens in Ottawa

Canada's first national public blood bank for umbilical cord blood is set to begin to take donations at an Ottawa hospital.

Canadian Blood Services says the National Public Cord Blood Bank will let

the public donate instead of discard umbilical cords, which are a rich source of desperately needed stem cells.

It says some 1,000 Canadians are currently waiting for life-saving stem cell transplants to treat diseases such as leukemia, lymphoma or aplastic anemia.

Canadian Blood Services

says Canada is the only G8 nation that doesn't have a national public cord blood bank. It says once the bank is fully up and running pregnant women 18 years or older will be able to donate at collection hospitals in Ottawa, Brampton, Edmonton and Vancouver. Similar private banks already operate.

THE CANADIAN PRESS

Inflight services offer a taste of the good life — but there's a fee for that

Airlines. Want to rent an iPad preloaded with movies? Want an empty seat next to you? Get ready to open your wallet

Airlines in the U.S. are introducing a new bevy of fees, but this time passengers might actually like them.

Unlike the first generation of charges which dinged fliers for once-free services like checking a bag, these new fees promise a taste of the good life, or at least a more civil flight.

Extra legroom, early boarding and access to quiet lounges were just the beginning. Airlines are now renting Apple iPads preloaded with movies, selling hot first-class meals in coach and letting passengers pay to have an empty seat next to them. Once on the ground, they can skip baggage claim, having their luggage delivered

You can't raise fares, so you've got to add fees ...

- When airlines try to raise fares, they are met with resistance. Customers either change travel plans, use another carrier or don't travel at all, says Jim Corridore, an airline analyst with Standard & Poor's Capital IQ.

29 of those attempts, bookings fell enough that airlines abandoned the increase.

- In the past three years, airlines have tried to hike fares 48 times, according to FareCompare.com. During

- Most fares today don't cover the cost of flying. While the average domestic roundtrip base fare has climbed three per cent over the past decade to \$361.95 US, when adjusted for inflation, the price of jet fuel has nearly tripled.

directly to their home or office.

In the near future, airlines plan to go one step further, using massive amounts of personal data to customize new offers for each flier.

"We've moved from takeaways to enhancements," says John F. Thomas of L.E.K. Consulting. "It's all about personalizing the travel experience."

Carriers have struggled to

raise airfares enough to cover costs. Fees bring in more than \$15 billion US a year and are the reason the airlines are profitable. But the amount of money coming in from older charges like baggage and reservation change fees has plateaued. So the airlines are selling new extras and copying marketing methods honed by retailers.

THE ASSOCIATED PRESS



Passengers check in their luggage at the Delta counter at Hartsfield-Jackson Atlanta International Airport on Friday. Delta customers have a new option to purchase an upgrade that includes a second bag to check, amongst other perks.

JOHN AMIS/THE ASSOCIATED PRESS

Renewable energy

Ikea to begin test sale of solar panels in U.K.

Ikea will start selling residential solar panels at its stores in Britain, the first step in its plan to bring renewable energy to the mainstream market worldwide. A standard, all-black 3.36-kilowatt system for a semi-detached home will cost about \$9,500 and will include an in-store consultation and design service as well as installation, maintenance and energy monitoring service.

THE ASSOCIATED PRESS

Market Minute



DOLLAR
97.06¢ (unchanged)



TSX
12,787.19 (-56.89)



OIL
\$102.33 US (-54 cents)



GOLD
\$1,327 US (-\$12.20)

Natural gas: \$3.56 US (-3 cents)
Dow Jones: 15,129.67 (-128.57)

BlackBerry. Fairfax deal could be done at lower price, analysts suggest

Analysts predict that Fairfax Financial will follow through on plans to buy BlackBerry but could pay substantially less than originally announced, as the smartphone maker's market value erodes. Fairfax announced Sept. 23 that it was leading a group that would offer \$9 US per share, subject to a number of conditions.

However, CanaccordGenuity analyst Michael Walkley says a \$7-per-share bid is likely to materialize once Fairfax and its partners complete further due diligence over the next month.

Based on CanaccordGenuity's assessment, BlackBerry would be worth about \$1 billion less than Fairfax's initial proposal, which valued the company at \$4.7 billion US.

Walkley said he has reassessed the company's assets to take into account BlackBerry's flagging hardware operations, which were the main reason for a \$965-million US loss in the company's second quarter.

"Given our belief BlackBerry's hardware business will struggle to return to profitability despite significant cost cuts and a refocus on more

What's it worth?

\$3.75B

CanaccordGenuity analyst Michael Walkley values BlackBerry at roughly \$3.75 billion. That's about \$1 billion less than Fairfax's initial proposal.

high-tier enterprise segments, we struggle to assign any value to the hardware business," Walkley wrote. "Our sum-of-the-parts analysis values BlackBerry at roughly \$3.75 billion."

BlackBerry shares have fallen well below the proposed bid value since Fairfax announced the offer a week ago.

Investors have been skeptical that Fairfax will successfully complete the acquisition of BlackBerry because its quickly eroding market share and high operational costs create the kind of uncertainties that make investors and lenders nervous. "We doubt a strategic investor will show interest, given the pace of decline in BlackBerry's business," wrote Nomura analyst Stuart Jeffrey, who reduced his target price to \$8 to take into account risks to the current bid. THE CANADIAN PRESS

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SPOILER ALERT: I'M A NETFLIX CHEATER

I'm in a loving and happy relationship but I have to admit that lately I have a problem with cheating. I do it late at night, usually during the week and so far I've never been caught.

Before you get the wrong idea, I should point out that my specific brand of infidelity involves a television remote and an insatiable appetite for 50-minute dramas. I'm of course talking about Netflix cheating.

Like any good North American couple burdened with a mortgage that restricts discretionary spending, television is a popular pastime in our household. Over the years we've developed a roster of programs that are "ours" and we have vowed to always enjoy these shows together... well, in theory.

The problem is that Netflix has changed the way people watch television; with multi-season streaming available at our fingertips, viewers no longer have to wait a week between episodes or suffer through summers full of reruns. Online on-demand services make it possible for us to watch hundreds of



SHE SAYS
Jessica Napier
metronews.ca

thousands of hours of programming virtually whenever and wherever we want.

And when every episode ends on a cliff-hanger and the next show begins to play automatically, it's hard for greedy consumers to switch off. If I was crafty enough to figure out how to access the far superior American version of Netflix I might never actually leave the house.

My insatiable appetite for high-quality programming means that sometimes I find myself watching our shared shows even when my viewing partner is out for the night. And as much as I hate to admit it, I've gotten pretty good at deceiving him. I can fake a convincing surprised expression when major plot twists are revealed and I've learned how to reset the account in order to erase the evidence of my digital betrayal.

Sure I may be weak and disloyal, but at least I'm not alone in my shame. Earlier this year, Netflix conducted a survey among its American customers as part of a promotional campaign. Their poll revealed that over 50 per cent of couples have considered

What we watch when our partner is not watching

My insatiable appetite for high-quality programming means that sometimes I find myself watching our shared shows even when my viewing partner is out for the night.

cheating on their significant other by streaming a television program that they'd promised to watch together. Now I'm well aware that fighting over your television viewing habits is right up there on the list of privileged people problems alongside your local Starbucks running out of pumpkin spice latte syrup. Still, that doesn't mean I feel any less guilty about my indiscretions.

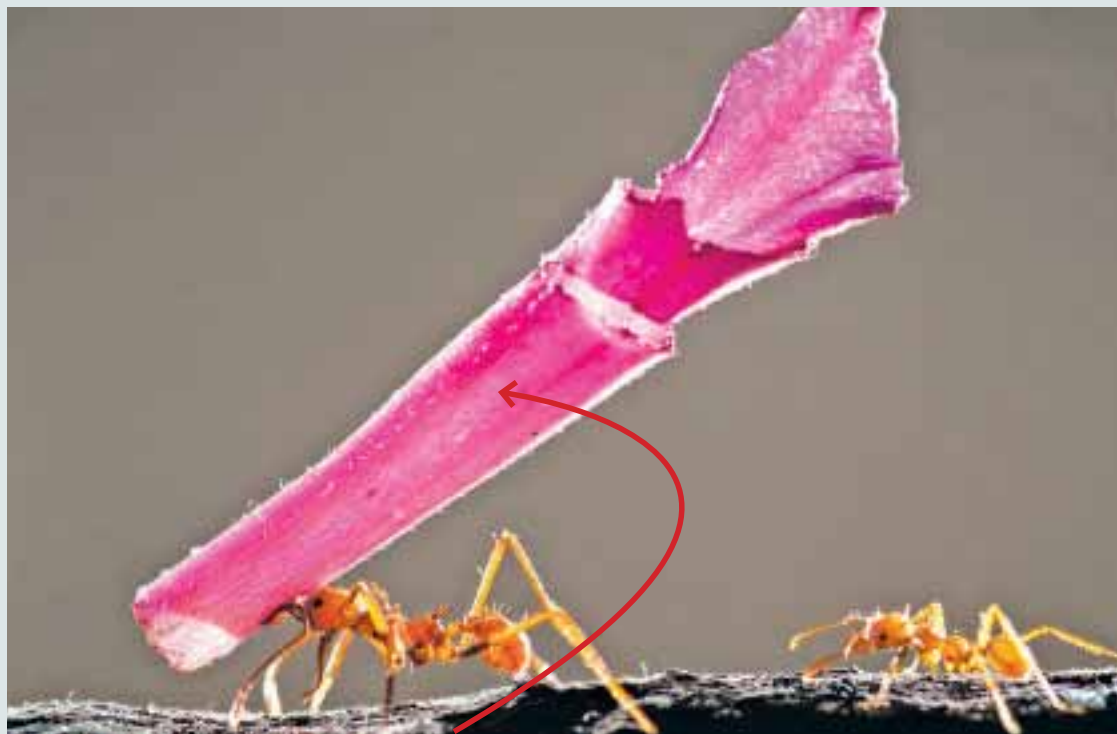
So consider this column a public admission of my infidelity and a pledge to make a change. From now on I promise to try and remain faithful to the sacred union between a couple and their big screen... just after I finish watching episode four of House of Cards.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

That other ant is going to look pretty lame when it comes back with nothing



COURTESY BENCE MÁTÉ/ZSL

Herculean ant pic wins top award

A tiny leafcutter ant demonstrating its immense strength is among the winning images from this year's Zoological Society of

London's (ZSL) Animal Photography competition. Bence Máté, from Szeged, Hungary, shot this vibrant picture at the Laguna de Lagarto rainforest lodge, near Boca Tapada in northern Costa Rica. **METRO**

Two of the all-time best ant facts

50

times their own body weight is what an ant is capable of carrying.

30,000

eggs is what each queen leafcutter ant lays each day.

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

For the Breaking Bad PVR set, turning on your computer (or leaving your house) can be terrifying. While we can't help what your local barista discloses, we can tell you how to create your own world wide web free of unwanted spoilers, pop stars and advertisements.



PHOTO ILLUSTRATION/METRO

Spoiler Shield

This free iPhone app let's you cruise Facebook, Twitter spoiler-free the day after missing your favourite TV series, sports game, reality show.

No Cyrus:

Though the Miley Cyrus stir is slowly starting to stop, for those who have absolutely reached their limits with the

Disney wreck, there's an app. The No Cyrus Chrome plug-in filters out all mentions of the teen formerly known as Hannah Montana.

Adblock Plus

Among the most popular of the adblock programs, Adblock Plus not only blocks ads, but also can be used to block tracking and malware. Best of all, it's free.

Comments

RE: No end in sight to grocery wars in Canada, published Sept. 28

"It's been a tough year for the grocery industry"? Ha, ha, ha, good one. Guess they don't think consumers can calculate gouging price increases.

Tim Snider, posted to metronews.ca

Is this why the federal government redefined "local" so the big chains can lay claim to selling local foods? **mel now from surrey, posted to metronews.ca**

Twitter

@metropicks asked: Raptors to get a rebrand as hiphop superstar Drake takes over as the basketball team's global ambassador. How can he make them cool again?

Well they're basically starting from the bottom, so... **@DizzleDaKing**

Follow @metropicks to answer our daily poll question. Best answers published right here.



WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

Don't dissolve a body in a bathtub, and other lessons

Breaking Bad. With the exciting finale of the dark, ultra-popular show behind us, we list the top 10 things to be learned from Walt's world

Sunday's *Breaking Bad* turned out the lights on one of the darkest shows in television history.

Even as this drama cooked up storylines that celebrated evil and depravity, *Breaking Bad* gleamed with a bright side, too. There were plenty of positive messages for the viewer who acknowledged them during the series' five-season run.

Here are 10 lessons *Breaking Bad* leaves behind:

1) Stay in school and study hard! As Walter White demonstrated after he ditched teaching for producing crystal meth, you can make millions from a subject like chemistry that far too many youngsters (including Mr. White's bored students) find annoying and useless. Walt (a.k.a. drug lord Heisenberg) proved otherwise with his storage shed of money.

2) Chemistry has everyday applications. The next time you dispose of a corpse with hydrofluoric acid, all you devoted *Breaking Bad* viewers will know not to dissolve the body in a bathtub, but instead in a plastic container. You learned this valuable



Meth cook/science maestro Walter White laundering money in the pilot episode of *Breaking Bad*. AP PHOTO/AMC

tip in season one, when Walt's lab assistant Jesse Pinkman disregarded his instructions and regretted it. The acid memorably dissolved through the bathtub and floor at Jesse's house, leaving a bloody mess in the hallway downstairs. You won't make that mistake.

3) Family is oh, so important. *Breaking Bad* reminds you that entering the drug trade and messing with the wrong people in it can lead to your wife and teenage son despising you. It can also lead to your brother-in-law getting brutally murdered. You would hate that if it happened.

4) Build a better mousetrap. Steve Jobs knew it. Jeff Bezos

knows it. Walt White serves as a mythical champion of their kind of acumen: Offer a better product with an obvious advantage, and the world (or, anyway, addicts who loved Walt's super-potent "blue sky" crystal meth) will beat a path to your door.

5) Need a lift? Try a personal makeover.

If you're stuck in a rut, like Walter White at the start of *Breaking Bad*, consider a new look. Shave your head, grow a tidy, I-mean-business beard and fit yourself with a black pork pie hat. Then come up with a new name. Like Heisenberg. In your new identity, people will fear you

and you're sure to go far.

6) Keep your personal vehicles, especially your RV, in good running order.

A regular checkup to keep Walt's rolling meth lab in tip-top shape would have spared him and Jesse inconvenience, not to mention mortal danger.

7) Keep a shrewd lawyer on call, especially if you mean to routinely break the law.

Sure, he may be a sleaze-bag and a shameless self-promoter. But a lawyer like Saul Goodman ("Better call Saul!") is worth his weight in hundred-dollar bills to a client like Walter White, whom he represented faithfully, if more

than often sarcastically. With his mastery of trade practices — legal and illegal — Saul was the most impressive TV lawyer since Perry Mason.

8) Like it or hate it, Obamacare in the U.S. might cut down on illegal drug trade (at least on TV).

If financially strapped schoolteacher Walt White had had better health care when he got his cancer diagnosis, maybe he wouldn't have begun cooking meth to help cover his expenses. Meanwhile, his long-term problem — leaving his family provided for after his death — might have been a non-issue had teachers in his district been better paid. On the other hand, if Walt had found himself in less of a jam, there would have been no *Breaking Bad*.

9) Finish what you start.

It's never good to leave hanging important tasks. Walt is a shining example of a guy determined to tie up loose ends. That was part of why the *Breaking Bad* finale was so good.

10) Follow your bliss (and be willing to forge a different path getting there).

Walter White discovered this lesson. Vince Gilligan demonstrated its wisdom in real life by creating *Breaking Bad*, a radically different series. So did AMC execs by airing what turned out to be perhaps the best drama of all time. How many other networks are willing to learn?

THE ASSOCIATED PRESS

2
SCENE

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Katy Perry. ALL PHOTOS: GETTY IMAGES

Want to know Katy Perry's inner thoughts? It's all in her music

Katy Perry went through some pretty dark times following her split from ex-husband Russell Brand, writing one of her new songs, *By the Grace of God*, about the time she found herself on the bathroom floor considering suicide, she tells *Billboard* magazine.

"That song is evident of how tough it really was at a

certain point," she says.

"I asked myself, 'Do I want to endure? Should I consider living?' All the songs are real-life moments. I can only write autobiographically. I put all the evidence in the music. I tell my fans if they want to know the real truth about stuff, just listen to the songs."

Miley's like the Pixies, but with more tongue

While everyone else is obsessing over her awards show antics and the breakup of her engagement, Miley Cyrus is worried about her legacy. "There are albums that people still are listening to, like Michael Jackson's *Bad*, because it's so f—ing dope. I want people to listen

to my album like that," she tells *Rolling Stone*. "From the time I was 16 until I was 18, the Pixies is all I listened to. And I'm going to be that artist to so many people, so I want to make sure my record is the best it can be. I'm trying to set a new standard for pop music."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Girls just wanna have fun

MELINDA TAUB
Metro World News in New York

If I were a religious person, this might be my holy trinity of lady comedy: Lena Dunham, indie darling; Mindy Kaling, taking the broadcast mainstream by storm; and Tina Fey, overlord comedy queen supreme. On Saturday night, all three of them came together.

Well, sort of. Lena and Mindy came together in L.A. to watch the Saturday Night Live premiere, and Tina Fey came together with herself to make fun of Lena.

The 30 Rock star appeared in a spoof of Dunham's HBO show *Girls*, playing Blerta, a new Albanian roommate horrified by how spoiled these rich American girls are. It's pretty funny (and possibly also a nod to former SNL writer Simon Rich, whose novella in the *New Yorker* had a similar premise). Luckily, Dunham wasn't offended: Mindy Project star Kaling posted a pic on Instagram of her enjoying the sketch. "Original Girl enjoying Blerta on #snl's *Girls* at my house," she wrote.

"The SNL parody of *Girls* was a true honour," Lena later tweeted. "Very excited about the current lineup of SNL ladies. They are funny like whoa." Agreed. Especially new girl Noel Wells, who does a spot-on Lena impression.



Kirstie Alley

Kirstie Alley tweets her support for Scientology

The Church of Scientology has at least one defender during the current wave of criticism it's receiving. Kirstie Alley took to Twitter to sound off after ex-Scientologist Leah Remini spoke out against the Church on *Dancing with the Stars*, writing, "This is one of those days when I might just retaliate with the

truth. Mean people keep us fuelled."

But she might not be coming to anyone's aid online for very long: "Won't be tweeting much in the near future," Alley posted.

"Going to strand myself on an island and turn myself into a goddess. ... Shut up!" We'll see how long that lasts.



Roman Polanski

Geimer forgives Polanski in new memoir

While many still want Roman Polanski brought to justice for allegedly drugging and raping Samantha Geimer when she was 13 years old, Geimer herself says in a new memoir, *The Girl*, that she's forgiven him. "As different as our lives have been, we do share a common sense of battle fatigue when it comes to the court system and the media,"

she writes. "We've both been punished. We both want to move on. We both might be considered victims." And she insists her forgiving Polanski was the right thing to do: "If you go through your life carrying hate in your heart, you really only hurt yourself," she writes. "I didn't forgive him for him, I did it for me."

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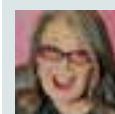
Twitter



@RedHourBen
I can't believe it's gone.



@WhitneyCummings
Watching the *Breaking Bad* finale without having seen any of the series. I have some questions



@TheRealRoseanne
May it please ascended masters to aid me 2 reverse the decree against the ppl

Elisha Dacey

Half Off: Eating your stress

Metro Winnipeg editor Elisha Dacey has teamed up with fitness professional Jordan Ciecwa and registered nutritionist Theresa Albert. Dacey wants to lose half of her body weight and has been writing about it in her online blog, Half Off (metronews.ca/half-off).

With an unexpected gallbladder surgery a few weeks ago and moving to a new house last week, Dacey has been seriously stressed.

"There was no food in the house, and everything was packed along with my exercise equipment and scale — I couldn't even weigh myself," she said.

But Dacey's determined to not gain weight.

What did the experts advise?

Albert offered tips on how to make healthy fast food choices.

"When we went to Papa Murphys Take 'N' Bake Pizza, our favourite pizza place, we ordered the thin-crust pizza," says Dacey.

Ciecwa also asked Elisha to try to fit in a few fitness walks between unpacking — and to shine up her weights when she unpacked them and get ready to start the program again.

YLVA VAN BUUREN/FOR METRO



Oatmeal: The return of eight power combos

Food choices. The hot breakfast is back — we'll soon be hitting low temperatures, so it's OK for us to live off oats. We share our top combinations

ROMINA MCGUINNESS
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Skipping breakfast isn't going to make you skinny.

Dietician Patricia Bannan, author of *Eat Right When Time is Tight*, tells Metro that it is essential.

"You've been fasting for at least eight hours, so you need

to eat within two hours in order to boost your metabolism, stabilize blood sugar levels, and improve your mood," she explains.

"A good rule of thumb is that a breakfast should be at least 200 calories and contain some protein and fibre for sustained energy."

So, because we love oatmeal and we hope we've

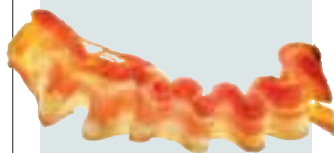
convinced you to eat up in the morning, we've teamed up with Bannan and came up with eight awesome recipes that will make you want to enjoy it.

Just not too much of it — hence the portion sizes. You can make your oatmeal with either water or milk (rice, almond, cow) or half milk and half water.



200 grams cooked oatmeal
1 tbsp almond butter
1/4 sliced banana
1 tbsp chocolate chips

200 grams cooked oatmeal
1 tbsp maple syrup
1 strip chopped bacon
cinnamon to taste



200 grams cooked oatmeal
1/5 chopped avocado
2 tsp olive oil
1 fried egg
30 grams smoked salmon

200 grams cooked oatmeal
1 tbsp cardamom
1/2 cup berry compote
1/4 cup dried chopped cherries
1 tbsp walnuts



200 grams cooked oatmeal
1/2 chopped apple
2 tbsp toasted almonds
cinnamon & brown sugar to taste



200 grams cooked oatmeal
2 tbsp chopped pistachios
2 tbsp chopped figs
brown sugar to taste

200 grams cooked oatmeal
1/4 cup vanilla yogurt
1/2 chopped peach
2 tbsp chopped glazed pecans
cinnamon to taste



200 grams cooked oatmeal
1 tbsp miso paste
1 tbsp butter
2 tbsp toasted walnuts
1 shaved radish



Hockey. Crosby's trainer provides tips to get ready for the season

Planning to lace up and hit the ice after a summer spent doing next-to-nothing? Andy O'Brien, Sidney Crosby's personal trainer and ambassador for the new Reebok Sidney Crosby SC87 Collection, gives us his five tips to get ready for ice time.

Tip #1

Learn to warm up and prepare thoroughly before going on the ice. A thorough warm up will make you play better and reduce in-



juries, but it will improve the way your body improves week after week.

Tip #2

Aim for gluten-free, starchy carbs on the day of a game. Many of the traditional pastas are rich in gluten, which has negative consequences on the immune and central nervous systems. Go with brown rice pastas, quinoa, wild rice and buckwheat and cook

your grains thoroughly.

Tip #3

Mix in some standing bike sprints. Seated biking is generally a poor choice for aerobic conditioning because of its biomechanical impact at the hip. But standing bike sprints allows the hip to extend and the glutes and quads to contract more similar to skating.

Tip #4

Get low in your exercises. The key to playmaking with speed

and power is getting low and staying low. Perform more exercises that require maintaining a low position, and less of the traditional vertical movements.

Tip #5

Work on ankle and hip flexibility. These are two of the most important performance variables. Getting into a strong position requires flexibility. Flexibility is not just for ballerinas; it's for elite athletes too. **METRO**

3
TIPS

Be aware. A proper self-examination is the key to early detection



Dr. Marisa Weiss strongly recommends performing breast self-exams once a month several days after your period. ISTOCK

LAURA GOLDMAN

Metro World News in New York

Dr. Marisa Weiss calls herself a dual citizen in the world of breast cancer. Weiss, a practising breast-cancer oncologist at Lankenau Medical Center near Philadelphia, is founder and president of BreastCancer.org, the world's most utilized online medical resource for breast health. Since 2010, she is also a breast-cancer survivor.

Weiss — who wrote the book *Taking Care of Your "Girls": A Breast Health Guide for Girls, Teens, and In-Betweens* — strongly recommends performing breast self-exams once a month several days after your period, despite some controversy about their effectiveness. She urges women to be their own best advocates.

"Early detection gives you the best shot of treating the cancer," Weiss says. "Breast cancer, in the early stages, has no symptoms. It doesn't let you know it is there."

Weiss suggests beginning the breast self-exam by inspecting your breasts closely in the mirror.

"You should take notice of changes in contour, rashes, indentations, nipple discharge and if one breast is bigger

Skip that second drink

Along with self-exams, Weiss suggests lowering your risk of alcohol consumption to reduce your risk of breast cancer.

- "It's best to reduce consumption to five or fewer drinks per week, says Weiss. "The risk of breast cancer increases with the amount of alcohol consumed."

Why the rise?

Weiss partially attributes the recent rise in breast cancer to women having children later.

- "Breasts are not fully formed until you have a full-term pregnancy. Nature gave breasts the job of producing milk. They are immature until they get a job," explains Weiss. Until they are fully formed, breasts are more susceptible to the hormones they come in contact with.

than the other," says Weiss.

Then, you should examine your breast either by moving the fingers up and down, travelling from the left to the right as if mowing a lawn. Or, start at the nipple and move your fingers outward in a spiral. Examine areas close to your breasts too, from the top of the collarbone, to the armpit, to the top of the abdomen.

"Each quadrant or neighbourhood of the breast should feel differently," says Weiss. "The upper-right area, near the armpit, tends to have the most prominent lumps and bumps. The lower half of the breast feels like a sandy or pebbly beach. The area around the nipple feels like large grains and another part may feel like lumpy oatmeal."

The goal of a regular exam is to familiarize yourself with how the various neighbourhoods of your breast normally feel and look.

"Does something stand out as different from the rest (like a rock on a sandy beach)? Has anything changed? Bring any changes in your breasts that last over a full month's cycle to the attention of your doctor," says Weiss.

An uphill climb: Battling cancer one foot at a time

Another mountain to climb. For three breast-cancer survivors, a trek to Machu Picchu not only raised \$65K, but proved they could find their inner strength

VAWN HIMMELSBACH
life@metronews.ca

Trekking the Andes in Peru to the fabled Machu Picchu isn't for the faint of heart. Steep climbs of up to 15,000 feet and camping in the cold would put anyone to the test.

But there's a reason why it's one of the most popular treks in the world: Winding your way through lush cloud forest past dramatic snow-capped peaks to reach the Lost City of the Incas is, for many, the experience of a lifetime. It's more than a trek — it's a pilgrimage.

And for three women who survived breast cancer, it was a pilgrimage more personal than most. Last May, they joined a group of Canadians who trekked through the Lares Valley to Machu Picchu as part of a fundraising challenge organized by Charity Challenge and supported by the Canadian Breast Cancer Foundation (CBCF).

The expedition raised more than \$65,000 for breast-cancer research, but it also pushed these women to once again find their inner strength when faced with another mountain to climb.

About Charity Challenge

- U.K.-based Charity Challenge, which recently launched in Canada, operates more than 100 fundraising expeditions for 1,500 people each year.
- Anyone can join any trip to raise money for any charity they're passionate about.
- For more info, visit charitychallenge.ca.

Robin Ferguson

62-year-old Robin Ferguson was diagnosed with breast cancer in March 2005. At the time, she was training for her third marathon.

"I didn't want to go through radiation," she said. "I looked at it like a wart — just get it off."

During this time, she kept hearing a song on the radio by country crooner Terri Clark, called *I Wanna Do It All*. "I'd be out running and that song would come on," she said. "And I wanted to do it all. I wasn't willing to give up — that was never an option."

Ferguson decided to have a mastectomy. In May of that same year, she walked a half-marathon. By January 2006, she was running marathons again.

With two daughters and four sisters (one of whom has also survived breast cancer), Ferguson makes a point to perform fundraising each year, including *Run for the Cure*. But seeing Machu Picchu had always been on her bucket list, so when the opportunity arose to participate in Charity Challenge, she jumped at the chance.

One of her sisters joined her on the trek and provided support during the tough parts. And the toughest part was climbing the stairs at the hotel the day she arrived in Cusco, Peru — when she was hit by the effects of the altitude and questioned her ability to do the trek.

"You think, 'I can't breathe; can I make the mountain if I can't manage the stairs?' I never expected that," Ferguson said.

Despite the challenges, she had several aha moments along the way — such as re-discovering her inner strength. "It ended up being more spiritual than I expected it to be," she said. "Our guide was a spiritual soul who believed in the power of nature and the mountains."

For Ferguson, nothing was comparable to the feeling of accomplishment after ascending 15,000 feet, reaching the Sun Gates and looking out at Machu Picchu — something, she says, most people only dream about.

Mary Ann Empson

For Mary Ann Empson, 60, the Alores Valley was a spiritual place — which she wasn't expecting. "I don't normally say

Upcoming fundraisers

- CBCF is recruiting for a Cuban biking challenge in February 2014 and a trekking challenge in late 2014 — possibly the Great Wall of China or Mount Kilimanjaro in Tanzania (cbcfc.org).
- Rethink Breast Cancer (a movement for young women affected by breast cancer) is organizing a trekking challenge to Machu Picchu from Sept. 5 to 13, 2014 (rethinkbreastcancer.com).



Challenge yourself!

Get off the couch and on to a challenge! Charity Challenge is offering Metro readers a \$75 discount off the cost of a trip if they use "METRO" as a promotional code when booking. This offer is valid through the month of October.

that about things," she said. "It was actually quite overwhelming when we reached the Sun Gates. It's such a beautiful spot."

Empson was diagnosed with breast cancer in 1996. She then went through the whole gamut — radiation, chemo and surgery — over the course of a year.

"It gives you a bit of a reality check," she said.

While she wasn't overweight, Empson was a self-described couch potato. "I started running and really turned my life around," she said.

Empson, now retired from the University of Alberta's faculty of law, participated in another fundraiser, which involved climbing Mount Kili-



manjaro in Tanzania — but Machu Picchu was always on her bucket list.

"Sometimes something presents itself and you realize this was meant to be," she said. "I love doing these kinds of challenges; something out of the ordinary, where you push yourself."

Despite that, she wasn't exactly comfortable getting out of her comfort zone. "It was tough, climbing in and out of that little tent at the end of a long day, no long showers ... not having your Starbucks coffee; things we take for granted that all of a sudden are gone."

The peace and serenity of her surroundings, interacting with the locals she met along the way and the support of the group — people from across Canada who all shared a common link with breast cancer — got her through those tough parts.

The local children, in particular, captivated her. "The children are so genuine; there's a real innocence," she said. Doing this trek — and other challenges over the years — has taught Empson perseverance.

"I know that I have more willpower and tenacity that I maybe originally thought," she said. "(You have to) dig deep, get down in there and give it all you've got."

Raziya Sachedina

Doing the trek brought up a big fear for 68-year-old Raziya Sachedina — would she be able to finish it? As part of another fundraiser, she had attempted to climb Mount Kilimanjaro, but made it only two-thirds of



Ain't no mountain high enough: Three breast-cancer survivors joined a group of Canadians who trekked to Machu Picchu as part of a fundraising challenge. The expedition raised more than \$65,000 for breast-cancer research, but it also pushed these women to once again find their inner strength. CONTRIBUTED

Reach for the sky

Conquering my fears to fight cancer

I think it's the fear of losing control.

Snakes are fine. So is public speaking. But heights? They terrify me.

So you can imagine how I felt when our company president "volun-told" me for a breast cancer fundraiser that involved walking around the outside of the CN Tower.

I'm OK in elevators and balconies — the fact that it's enclosed makes me feel safe. But I get tense when escalators have open sides and make a point of staying away from high ledges.

But cancer scares me more. I have seen people who lead healthy lifestyles get it. In August, we lost a Metro co-worker to cancer at age 36.

I'm told I'm a good fundraiser and I believe fighting our fears leads to personal growth. So I agreed to reach for the sky — literally.

So up the CN Tower I went last month, making sure not to step on the glass tiles in the elevator.

Up top, our group of fundraisers stood in a small room with glass doors while our safety harnesses were connected to a guide rail. The employees all joked that "it was their first day on the job."

Then, the doors opened. The wind gusted in and the temperature dropped. I tensed up. My hands became clammy and I tightened my grip on the harness.

When asked to step out on the ledge, I looked at the floor. That made it worse. The Edge-Walk floor is a grate; you can see the ground below. I stared at the CN Tower wall instead. My fellow fundraisers were



Fernando Carneiro on the edge 365 metres above the city. CONTRIBUTED

invited to "hang their toes over Toronto." I passed. Just being there felt like personal progress.

Over the course of the walk, I became bold enough to let go of the harness and enjoy the view. That was my personal limit that morning.

Back inside, as I was

unharnessed, I felt my entire body hurt from being tense — it was as though I had been tenderized with a meat mallet. Yet, I started to feel a little daring. I immediately wanted to do it again.

Yes, it was mentally tough, but I plan to return. And this time I'll hang my toes over Toronto because I feel stronger now than I did before I faced my fear of heights.

And thank you to my colleagues at Metro, who helped me raise more than \$1,600 for the EdgeWalk Challenge for the Canadian Breast Cancer Foundation CIBC Run for the Cure.

I suspect they did such a great job fundraising so they wouldn't have to do the Edge-Walk themselves.

FERNANDO CARNEIRO/METRO

FOR A VIDEO OF FERNANDO'S SKY-HIGH ADVENTURE, VISIT METRONEWS.CA



the way before altitude sickness got the best of her. So she had something to prove to herself by going on this challenge.

"It was sitting in the back of my mind ... and that was what took me onto the hike," she said.

Sachedina was diagnosed with breast cancer in 1993. "When I look back now, I think of it as an opportunity to really change my life," she said.

Her treatment involved a bilateral mastectomy, chemotherapy and reconstructive

surgery. The same year she finished chemo, her husband passed away. Those experiences led her on a "therapeutic adventure," which involved becoming more physically active and to "not keep wallowing over stuff that I have no control over."

That path involved fundraising for breast cancer research, including Run for the Cure. "I feel very fortunate to be alive," said Sachedina. "All of these activities with CBCF have helped me move on."

While she was determined to do the trek, the challenge for her was "the amazing number of steps you have to climb," she said. "On a practice hike before we started the actual trek, I fell. I sprained my ankle; I took the fall on my knee. But that wasn't going to hold me back."

Getting to the Sun Gates involved climbing 2,800 almost-vertical steps. "I had to do that on all fours and it was raining and it was slippery," said Sachedina.

It was the group that kept

her going. "They cheered me on, they supported me in every way they could."

And, for her, carrying on despite a sprained ankle was worth it. "It was unbelievable — the beauty of the place, the serenity that you experience when you get to the Sun Gates," she said.

Sachedina proved something to herself by finishing the trek — she found a sense of strength that she describes as unbelievable. "I feel I can do anything now."

Communication. How to talk openly, honestly with your kids about cancer



When it comes to talking to kids about cancer, parents need to allow for questions and open communication. ISTOCK

ANISA ARSENAULT

Metro World News in New York

As a child psychiatrist, Dr. Lynn Bornfriend had been discussing different issues with kids for years. But her last two years at the Cancer Treatment Centers of America (CTCA) in Philadelphia brought a new struggle to light: the difficulty parents with cancer face in discussing their diagnosis with their children.

"It seemed that the parents (with cancer) had an extra burden: How do I protect my child? How do I plan for my child?" Bornfriend tells Metro. "And very quickly we became aware that this is something we have to spend more time on and come up with more resources for."

According to Bornfriend, the first hurdle is changing the outlook of parents who believe a discussion will only frighten their child. "Children are very perceptive, and they know when something is wrong, even if you're not speaking about it," she says. "So if you don't tell them what is going on, they're likely to think that it's worse than it really is, or that they're the cause of the problem."

Bornfriend's recommended course of action is honesty. "Your degree of honesty is tailored to what their developmental stage is, and their cognitive abilities," she says. Essentially, the transparency of your discussion will vary with the age of your kids.

Preschoolers need to be prepped for the physical changes they will see in a parent.

"You have to make clear to them that mommy or daddy is pretty sick," Bornfriend says. "You make them aware of some of the things they may see: mommy or daddy may be laying on the couch more. You talk to them about how you've made a choice, you're going to get treatment and you have a

plan. You explain to them what it is and what it is not."

But Bornfriend warns not to get too caught up in details. "Young kids take what they can hear and then they're ready to move on," she explains. "You're ready to be explaining about chemotherapy and radiation and they're gone."

Teenagers, on the other hand, require much more transparency. "You have to give them specific information because they're going to have specific questions and they want to know what's going on in a clear way," Bornfriend says. Additionally, emotions may run high. "There may be a very dramatic response to your news, and you sort of have to batten down the hatches. Or they're going to want their own privacy in the way they deal with things."

Your teenager may not want to talk to you. Maintaining normalcy is important, Bornfriend says. "You have to make clear to the kids that you expect that they continue to meet their responsibilities," she says. "There will continue to be consequences if they don't."

Bornfriend explains normalcy also means that kids get to be kids. "It's OK for them to have fun, it's necessary for them to have fun," she says. "School-aged kids especially are very into rules and order, and cancer treatment can be very disruptive to them because it changes. But use other people — family members, friends — so that their schedules persist."

Parents need to allow for questions and open communication. "The worst thing is when kids are trapped by themselves and alone in their minds and don't feel that they can ask a question," Bornfriend says. "We tell parents that even if tears are rolling down your face while you're having that conversation with your child, it's better than not having that conversation."

Greasy Grilled Cheese no more



ROSE REISMAN
For more, visit
rosereisman.com or
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I love grilled cheese sandwiches but they are always laden with fat from the butter spread all over the bread, not to mention the high-fat cheeses used.

I have filled this sandwich with veggies, chicken and Monterey cheese.

Instead of butter, the out-

Ingredients

- 1 small red bell pepper, top and seeds removed and cut into 4 wedges
 - 3 oz boneless skinless chicken breast
 - 6 slices of bread
 - 3/4 cup grated Monterey Jack or aged cheddar cheese (2 1/4 oz/65 g)
 - 1/3 cup sliced avocado
 - 3 tbsp chopped cilantro
- Sauce**
- 3 tbsp light mayonnaise
 - 1 1/2 tsp chopped chipotle pepper or jalapenos



This recipe serves three. ROSE REISMAN

side of the bread is just sprayed with vegetable oil.

1. Sandwich: Preheat oven to 425 F (220 C). Line small baking sheet with foil sprayed with vegetable oil. Roast bell pepper until charred (about 20 minutes). Cool, then remove the skin and slice thin.

2. Meanwhile, either grill or sauté the chicken breast just until it is just no longer pink or the temperature reaches 165 F (74 C). Cool, then slice.

3. Sauce: Combine mayo and chipotle. Spread over bread.

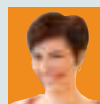
4. Over 3 slices of bread, divide

chicken, cheese, pepper, avocado and cilantro. Place other bread slices overtop.

5. Spray oil over outside of the sandwiches and grill in grill pan on medium heat for at least 5 minutes, turning halfway just until browned and the cheese begins to melt.

Health Solutions

Chickpeas are here to stay



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

Chickpeas are the new chia — the health food of the future — and with good reason. They are easily grown, full of protein and as versatile as they are delicious.

Tossed into pasta or salad right from the can or sautéed in any seasoning from Indian

curry to Lebanese lemon and mint, chickpeas add fibre, minerals, protein and crunch to any meal.

Hummus is a key food in today's cart and, according to Susan Niczowski, founder of Canada's own Summer Fresh Salads, it can be used in countless more ways than simply as a dip. Think about using a variety of flavours of hummus to:

- Spread onto chicken or fish before baking.
- Thin with vinegar and lemon juice to make a salad

dressing.

- Spread into a sandwich in place of high fat, no fibre, no protein mayo.
- Stir into an omelette for a flavour flair.
- Mix with grated cheese and marinated artichokes and warm as a bread spread.

The diet leader, no matter which study you read, is the Mediterranean diet and it indicates more beans, less meat and much

more fibre. Here is your single-handed helper.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



Wingmen for hire. Find love through fake friends



Thomas Edwards, founder of The Professional Wingman, with a client. CONTRIBUTED

New-age dating solution. These shameless, selfless 'lovepreneurs' can help shy, undiscovered catches out there meet new people and form relationships

KIERON MONKS
Metro World News

You're hot, funny and successful, but no one knows because you don't know how to meet people. Enter the wingmen: romantic fixers who play the role of best friend to get you started with the perfect partner.

"It's three things that make a wingman," says Thomas Edwards, 28, founder of U.S. firm The Professional Wingman.

"You have to be selfless enough to go to any lengths for a client, shameless enough not to worry about rejection, and you have to be able to make them seem amazing."

For \$125 an hour, Edwards and his team take clients to likely social venues and get them talking to desirable targets, before providing real-time feedback on how to improve

their game.

"Whether clients are aged 21 or 63, there are behaviour patterns that stop them making connections. Our job is to break them down and build them up again — often their closest friends don't recognize them after." The "lovepreneur" started the business to get over his own heartache and has developed a stellar reputation, with many clients now married; Barack Obama is among his Twitter followers.

Edwards' business model has inspired similar companies across the world, including services for women and gay people. While online dating has become a multi-billion dollar industry, Edwards believes it benefits rather than competes with him.

"It creates a need for skills like mine. If you don't talk to real people your personal skills start to atrophy."

The Positive Psychology Institute is convinced, reporting that wingmen "help to alleviate nerves or pressure ... and give perspective on the date."

User reviews are also positive, with feedback thanking Edwards for "brilliant solutions" and "awesome advice."

It seems the wingmen will be flying high for a time yet — so don't be alarmed if one flies over during a romantic dinner.



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Don't be sad if your retirement jar isn't jammed with cash. Take your savings one cent at a time. ISTOCK

Pause at the piggy bank: Slow but steady wins the race to retirement

A full wallet après-work. It may not be all be yachts and time-share, but there are ways to assure that you relax into retirement

JON STEIN
Metro World News

If your retirement account is more goose egg than nest egg, you're not alone — especially if you're in your 30s or 40s.

Between 2007 and 2010, Gen Xers lost nearly half their wealth — an average of \$33,000 per household — according to a recent study from Pew Charitable Trusts. Ouch. Luckily, it's not too late to turn things around. Let's get started.

Don't think about saving

You may not be broke, but living in a major city will stretch most paychecks. So don't focus on spending less right now, but saving first. The best way to do that? Make it automatic. Behavioural finance research shows that if you set up a regular, automatic transfer to your savings or retirement account — or have your employer do it for you — you'll be amazed at how quickly your savings will add up.

Glad you're nodding! Now do something. Set a reminder on your calendar or phone (research shows these alerts help, too).

Be smart about where you save

If you have a pension plan or something similar at work, start saving here, no matter

Take the long view

If investing your hard-earned money into stocks, bonds and mutual or index funds sounds scary, that's a natural fear.

- Here's what you need to look for: Low fees, index funds (which are also typically low-cost), and no "get-rich-quick" promises. Above all, don't let uncertainty stop you from moving forward.

what. Save as much as you can, especially if your employer offers a match. If you don't have access through your employer — many people don't — you can open your own RRSP.



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*Based on \$12,200 fixed rate loan at 8% per annum with a 26 month amortization. Savings example is calculated by consolidating credit card balances of \$3200 @ 19% per annum with monthly payment of \$150/month, and \$1000 @ 25% per annum with monthly payment of \$100 and loan of \$8000 with 3 year term @ 9% per annum with monthly payment of \$265/month. The interest rate is subject to change at any time without notice. The rate is used for illustrative purposes. Personal Lending products and residential mortgages are offered by Royal Bank of Canada and are subject to its standard lending criteria. ©/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada.



Manager Clint Hurdle and outfielder Starling Marte celebrate clinching a playoff berth after defeating the Cubs on Sept. 23 in Chicago. BRIAN KERSEY/GETTY IMAGES

Hurdle has Pirates aboard winning ship

MLB. Bucs manager has ushered in a successful culture culminating in wild-card game vs. Reds

Where most saw misery and chaos, Clint Hurdle saw something else entirely.

The day Hurdle took over as the Pittsburgh Pirates manager in December 2010, he spoke about electrifying the city. He preached optimism, then went out and practised

Quoted

"Guys came here toward the end of their career, saying they can have a big year so they can go somewhere else."

Andrew McCutchen says the Pirates are a team players are excited to play for because of their winnings ways, though that's not how it has always been.

it every day while talking about a vision that went far beyond returning a moribund franchise to respectability.

It's why Hurdle isn't satisfied after leading Pittsburgh to a 94-68 record and its first playoff berth in 21 years. It's why he doesn't view Tuesday night's wild-card game against Cincinnati as the cul-

mination of three years of patience, progress and pragmatism.

Press Hurdle on how detailed he allowed his vision to get and he leans forward for emphasis.

"To win a sixth World Series," he said.

First things first.

The team that spent all

summer defying expectations now must find a way to do it again when it hosts the first playoff game in Pittsburgh in 7,660 days. Coming off a weekend sweep in Cincinnati that gave the Pirates home-field advantage for the one-and-done wild card, Pittsburgh has to press reset while trying not to get caught up in the kind of hype not seen in the city since Barry Bonds bolted for San Francisco 21 years ago.

"What happened over the weekend," Hurdle said, "doesn't matter."

THE ASSOCIATED PRESS

NFL

Banged up Bills prep for Browns

Bills running back C.J. Spiller projects he can play this week if his swollen left ankle gets to 80 per cent.

Fellow running back Fred Jackson said Monday he intends to wear a brace protecting his sprained left knee. And starting cornerback Leodis McKelvin wants to test his pulled right hamstring in practice first before declaring himself ready.

So much for the Bills (2-2) having time to celebrate, a day after a stunning 23-20 win over the Baltimore Ravens. Banged up but resilient, the Bills went immediately back to work to prepare to play at Cleveland (2-2) on Thursday night.

"We have to hit the ground running," defensive tackle Kyle Williams said. "We can't pat ourselves on the back too long. We've got a busy week in front of us." THE ASSOCIATED PRESS

NHL

NHLPA green lights hybrid icing

Hybrid icing will be in effect for the start of the 2013-14 NHL regular season after it was approved by the players.

The NHLPA gave the go-ahead for the rule change that makes icing a race to an imaginary line across the faceoff dots instead of the puck, which was given a trial run during the pre-season. The goal is to prevent serious injuries, like the one that sidelined Carolina Hurricanes defenceman Joni Pitkanen after he broke his left heel bone in eight places on an icing touch-up in April. THE CANADIAN PRESS

NHL proactive on concussion front: Daneyko



Former Devils enforcer Ken Daneyko, top, understands the game had to evolve to spare the health of its players. THE ASSOCIATED PRESS FILE

Known as "Mr. Devil," Ken Daneyko lost front teeth playing hockey, had a pretty stout fight card, and often displayed ruthless aggression en route to winning the Stanley Cup three times.

He laments the fading of the pure "enforcer" role, and the on-ice code of justice that was so ingrained in hockey's culture.

But Daneyko, who spent 20 years with the New Jersey Devils, understands the game had to evolve. The elbows to the head, the vicious checks,

the cheap shots absorbed for most players not long after they were toddlers on skates add up, and take a brutal toll on a man's health.

While the game is still violent, it clearly has changed. With a greater emphasis on head injury awareness these days — in all sports — it pretty much had to.

"I know certain guys have had some serious head injuries over the years," Daneyko said. "But we play a game with a lot of risk. We understood that at the time. I knew the risks. I

played the game hard and got out of it — fortunately — relatively unscathed."

Daneyko, who is now a television analyst for the Devils, believes the NHL should get credit for rules changes that addressed player safety.

"The league continues to do everything they can to protect players," Daneyko said. "We didn't even know about concussions back then, really. Our trainers' diagnosis would be, 'If you see three, take the guy in the middle.'"

THE ASSOCIATED PRESS

Rielly gets his spot, but still not a lock for Leafs

NHL. 19-year-old's status in opener uncertain as young winger Ashton gets the green light

Morgan Rielly knew he made the Toronto Maple Leafs when he arrived at Air Canada Centre on Monday morning.

"All my hockey gear was here still," he said. "So it's a good feeling."

The 19-year-old defenceman impressed enough in training camp to earn a spot on the roster to start the season, along with 22-year-old winger Carter Ashton.

"We've stated: you're going to have to have young players in your lineup, and we're no different," coach Randy Carlyle said. "And Carter Ashton has come in and made enough of an impression that he's going to play (Tuesday) night in Montreal."



Morgan Rielly can play up to nine games before burning a year off his entry-level contract, so there's plenty of time for the Leafs to evaluate him before deciding on how permanent his stay will be. ABELIMAGES/GETTY IMAGES

Rielly's status isn't so certain. He's one of seven Leafs defencemen and could find himself in the press box at Bell Centre instead of on the ice against the Canadiens.

But that's all part of the process for a player whose real NHL tryout could last a while longer.

"I haven't proved anything yet," Rielly said. "I'm not sure

Poised but not proven

"Obviously we feel strongly that Morgan is a young kid that has shown a lot of potential and has played well in training camp.... It's a difficult decision."

Leafs coach Randy Carlyle, on Morgan Rielly's status going into the Leafs' opener.

what's going to happen over the course of the next two or three weeks. I have a lot left to prove. I have a long way to go."

The Leafs' official roster Monday listed 11 active forwards, seven defencemen and two goaltenders, not counting the injured Frazer McLaren and the suspended David Clarkson. But Carlyle made it clear that he will dress 12 forwards and six defencemen for the season opener.

THE CANADIAN PRESS

Adding size to the rivalry. Parros gives Habs big body for clash with Leafs

George Parros will get a taste of the Canadiens-Leafs rivalry right off the bat.

The veteran enforcer, who joined Montreal this summer, has been declared fit to play in the NHL season opener against Toronto on Tuesday night at the Bell Centre.

With Leafs tough guy Frazer McLaren out with a broken finger, some are making wagers on how long it will take Parros to tangle with one of Toronto's other enforcers, like Colton Orr.

"It's a big game and I'm looking forward to it," Parros said Monday. "I had no pre-season games, but you've got to jump in at some point."

"It's a source of pride for me to be back on time. And given

the nature of the game — the first game at home against a rival like that — I think it's going to be fun."

Parros had off-season shoulder surgery, but rehab went better than expected.

Montreal hopes the six-foot-five right winger will even out the imbalance in size and grit the Canadiens, a smaller team that thrives on quickness, have endured against some teams in recent years.

Coach Michel Therrien did not confirm his lineup, but Parros skated on the fourth line in practice with Brandon Prust and Travis Moen, while forwards Ryan White and Michael Bournival looked like they would sit. THE CANADIAN PRESS

Flip-flopping bassist



"Right now I'm going to say the Maple Leafs, but when we land in Montreal I'll say the Habs. We're Switzerland."

Bassist Jared Followill, of American rock band Kings of Leon, who will play Monday's Molson Canadian NHL Face-Off concert in Montreal

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#NHLFaceOff

A history of heartache

Canada's Stanley Cup drought reached 19 seasons in 2013. Here's a look at the teams that have come closest since the Montreal Canadiens won it in 1993:

THE CANADIAN PRESS
Photos by Getty Images



'94 Canucks

Led by Pavel Bure, the Canucks rallied from a 3-1 deficit against the New York Rangers in the Stanley Cup final before losing in Game 7 at Madison Square Garden. Longtime Edmonton Oilers star Mark Messier won his sixth championship and prevented Canada from celebrating back-to-back Cups.

'04 Flames

When Oleg Saprykin scored the Game 5 overtime winner to put the Flames on the verge of their second Cup in franchise history, it seemed like a matter of time. But then Marty St. Louis stunned Calgary at the Saddledome in the second overtime of Game 6, and Ruslan Fedotenko scored twice in Game 7 to win it all for the Tampa Bay Lightning.

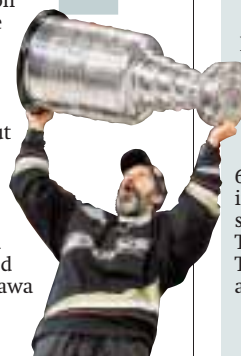


'06 Oilers

The eighth seed in the Western Conference rode goaltender Dwayne Roloson's brilliance to victories over the Detroit Red Wings, San Jose Sharks and Anaheim Ducks before running into Cam Ward and the Carolina Hurricanes. Roloson suffered a knee injury in the Cup final, but the Oilers took it to Game 7 before falling short.

'07 Senators

Frustration boiled over for the Senators in the form of usually poised captain Daniel Alfredsson shooting the puck at Anaheim Ducks captain Scott Niedermayer in the closing seconds of the second period of Game 4. Alfredsson said he didn't do it intentionally, but the Ducks were fired up and finished off Ottawa in five games.



'11 Canucks

Roberto Luongo and Cory Schneider split time in net for the Canucks, who imploded with the chance to win the Cup in Boston in Game 6. It got worse back home in Game 7, as they were shut out by Conn Smythe Trophy-winner Tim Thomas, setting off riots around Vancouver.

Hope in the Great White North

"There are a lot more American teams than Canadian teams, so you can put that in perspective. It's bound to happen eventually."



Oilers forward Jordan Eberle

"A couple bounces a couple different ways, maybe a Canadian team would've won in the last little while."

Jets captain Andrew Ladd



"Canada deserves a Stanley Cup, so hopefully we can bring it."

Senators captain Jason Spezza

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AMERICAN CONFERENCE

EAST	W	L	T	Pct	PF	PA
New England	4	0	0	1.000	89	57
Miami	3	0	0	1.000	74	53
N.Y. Jets	2	2	0	.500	68	88
Buffalo	2	2	0	.500	88	93

NORTH

	W	L	T	Pct	PF	PA
Baltimore	2	2	0	.500	91	87
Cincinnati	2	2	0	.500	81	81
Cleveland	2	2	0	.500	64	70
Pittsburgh	0	4	0	.000	69	110

SOUTH

	W	L	T	Pct	PF	PA
Indianapolis	3	1	0	.750	105	51
Tennessee	3	1	0	.750	98	69
Houston	2	2	0	.500	90	105
Jacksonville	0	4	0	.000	31	129

WEST

	W	L	T	Pct	PF	PA
Denver	4	0	0	1.000	179	91
Kansas City	4	0	0	1.000	102	41
San Diego	2	2	0	.500	108	102
Oakland	1	3	0	.250	71	91

WEEK 4

Monday's result

Miami at New Orleans

Sunday's results

Seattle 23 Houston 20
Kansas City 31 N.Y. Giants 7
Minnesota 34 Pittsburgh 27
Buffalo 23 Baltimore 20
Arizona 13 Tampa Bay 10
Cleveland 17 Cincinnati 6
Indianapolis 37 Jacksonville 3
Detroit 40 Chicago 32
Tennessee 38 N.Y. Jets 13
Denver 52 Philadelphia 20
San Diego 30 Dallas 21
Washington 24 Oakland 14
New England 30 Atlanta 23

AFC LEADERS

TD	Rus	Rec	Ret	Pts
Welker, DEN	6	0	6	36
Cameron, CLE	5	0	5	30
Royal, SMD	5	0	5	30
J. Charles, KAN	4	2	2	24
De. Thomas, DEN	4	0	4	24
Ju. Thomas, DEN	4	0	4	24
Bernard, CIN	3	2	1	18

NATIONAL CONFERENCE

EAST	W	L	T	Pct	PF	PA
Dallas	2	2	0	.500	104	85
Philadelphia	1	3	0	.250	99	138
Washington	1	3	0	.250	91	112
N.Y. Giants	0	4	0	.000	61	146

NORTH

	W	L	T	Pct	PF	PA
Detroit	3	1	0	.750	122	101
Chicago	3	1	0	.750	127	114
Green Bay	1	2	0	.333	96	88
Minnesota	1	3	0	.250	115	123

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	3	0	0	1.000	70	38
Carolina	1	2	0	.333	68	36
Atlanta	1	3	0	.250	94	104
Tampa Bay	0	4	0	.000	44	70

WEST

	W	L	T	Pct	PF	PA
Seattle	4	0	0	1.000	109	47
San Francisco	2	2	0	.500	79	95
Arizona	2	2	0	.500	69	89
St. Louis	1	3	0	.250	69	121

WEEK 5

Thursday's game — All Times Eastern

Buffalo at Cleveland, 8:25 p.m.

Sunday's games

Seattle at Indianapolis, 1 p.m.
Jacksonville at St. Louis, 1 p.m.
New England at Cincinnati, 1 p.m.
Kansas City at Tennessee, 1 p.m.
Baltimore at Miami, 1 p.m.
New Orleans at Chicago, 1 p.m.
Philadelphia at N.Y. Giants, 1 p.m.
Detroit at Green Bay, 1 p.m.
Carolina at Arizona, 4:05 p.m.
Denver at Dallas, 4:25 p.m.
San Diego at Oakland, 4:25 p.m.
Houston at San Francisco, 8:30 p.m.

NFC LEADERS

TD	Rus	Rec	Ret	Pts
J. Graham, NOR	4	0	4	24
A. Peterson, MIN	4	3	1	24
J. Bell, DET	3	3	0	18
Ma. Bennett, CHI	3	0	3	18
Cruz, NYG	3	0	3	18
Va. Davis, SNF	3	0	3	18
Cal. Johnson, DET	3	0	3	18

CFL

WEEK 15

EAST DIVISION

	GP	W	L	T	PF	PA	Pts
x-Toronto	13	9	4	0	388	337	18
Hamilton	13	6	7	0	327	364	12
Montreal	13	5	8	0	302	361	10
Winnipeg	13	2	11	0	268	421	4

WEST DIVISION

x-Calgary	13	10	3	0	408	312	20
x-B.C.	13	9	4	0	378	319	18
Saskatchewan	13	8	5	0	388	299	16
Edmonton	13	3	10	0	316	362	6

x-clinched playoff berth

Friday's games — All Times Eastern

Hamilton at Toronto, 7 p.m.

Saskatchewan at B.C., 10 p.m.

Saturday's game

Montreal at Edmonton, 3:30 p.m.

Winnipeg at Calgary, 6:30 p.m.

MLB

AL WILD CARD TIEBREAKER

Monday's result

Tampa Bay at Texas

WILD CARD

Tuesday's game — All Times Eastern

NL: Cincinnati (Cueto 5-2) at Pittsburgh

(Liriano 16-8), 8:07 p.m.

Wednesday's game

AL: Tampa Bay-Texas winner at Cleveland

(Salazar 2-3), 8:07 p.m.

AL DIVISION SERIES

(Best-of-5)

OAKLAND VS. DETROIT

Friday's game

Detroit at Oakland, 9:37 p.m.

BOSTON VS. CINCINNATI

BAY-TEXAS WINNER

Friday's game

Cleveland-Tampa Bay-Texas winner at Boston, 3:07 p.m.

NL DIVISION SERIES

ATLANTA VS. LOS ANGELES

Thursday's game

Los Angeles at Atlanta, 8:37 p.m.

ST. LOUIS VS. CINCINNATI

PITTSBURGH WINNER

Thursday's game

Cincinnati-Pittsburgh winner at St. Louis, 5:07 p.m.

Horoscopes

Aries

March 21 - April 20

You could end up spending a small fortune today because you are looking for ways to cheer yourself up. Feeling good about yourself has nothing to do with money and everything to do with attitude.

Taurus

April 21 - May 21

With Venus, your ruling planet, moving through your opposite sign of Scorpio, you don't need to force things today. You only need power of persuasion — sweet words will get you everything you need.

Gemini

May 22 - June 21

There is no such thing as something for nothing and you will need to remind yourself of that several times today. Having said that, there are still a lot of generous souls out there.

Cancer

June 22 - July 23

This is a fortunate time for you and you should milk it for all it is worth. Use your head today but listen to your heart as well. Get the balance right and you can do no wrong.

Leo

July 24 - Aug. 23

If you need to make amends for something you did or said that you now regret, do it today. You don't have to make a big show of it but you do have to be sincere. Others will know if you don't mean it.

Virgo

Aug. 24 - Sept. 23

You can do no wrong and even your bitterest rivals want to see you do well. Can you believe that? You should, because it's true. Everything will go right for you today — enjoy it.

Libra

Sept. 24 - Oct. 23

You are in a generous mood, which is nice. But it could also be dangerous if you give to those who don't really deserve it. Make sure your largesse goes to the right people.

Scorpio

Oct. 24 - Nov. 22

The decisions you make over the next 24 hours will cause ripples, small ones that then spread out and have consequences far and wide. Make it your aim to change your world, for the better.

Sagittarius

Nov. 23 - Dec. 21

Sudden events will force you to change direction maybe several times over the next few days. Being an adventurous Sag, you enjoy change so don't be fazed — be delighted!

Capricorn

Dec. 22 - Jan. 20

You may not approve of what a friend is trying to do but it is not your business to tell them it isn't allowed. Everyone has freedom of choice and you must respect that.

Aquarius

Jan. 21 - Feb. 19

Someone important is looking at you and clearly like what they see. They will like it even more if you are modest and don't make a big noise about your success. How likely is that?

Pisces

Feb. 20 - March 20

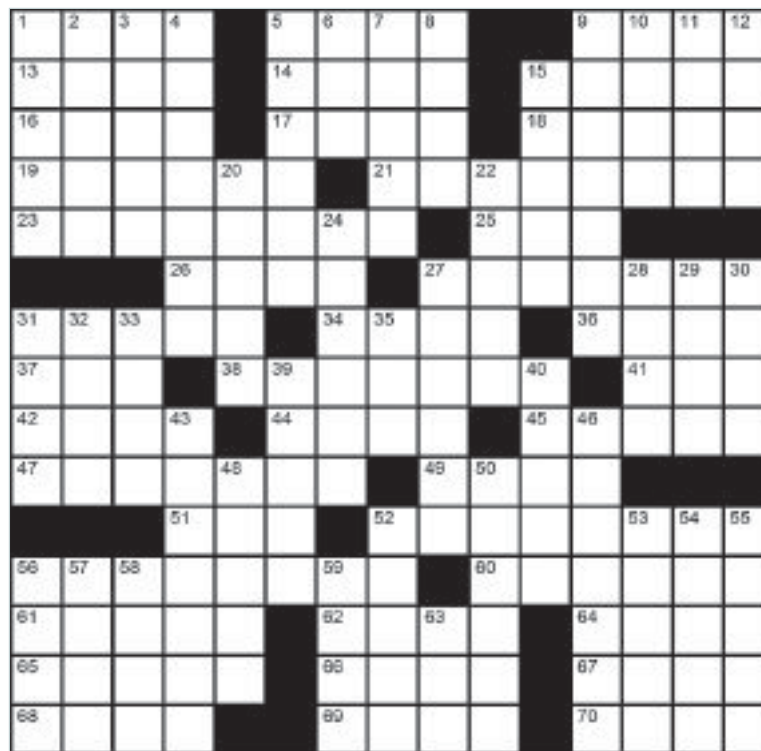
Save your energy for the things that really matter. What are they? They are the things that give your life meaning. Success is important, of course, but don't neglect your "spiritual" side. Aim to be a better person.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Shortened sandwiches
- Ticket tidbit
- Thickening gum
- Handled easily, as a ship
- Hair hues, sometimes
- Health: French
- Nameless [abbr.]
- Joke reaction
- Gladiator's 2003
- Edmonton-born hockey star Jarome
- Reigning without losses
- ___ In Motion (BlackBerry, once)
- Vodka, e.g.
- Waiter's prop
- Nigel of TV talent
- The Divine Comedy writer
- Actor, Scott ___
- Garner
- 'Advert' suffix
- Get supplies: 2 wds.
- "The Hunt for ___ October" (1990)
- Saturate
- "The '___' e knows above a bit, the bullock's but a fool..." - Rudyard Kipling
- Chasm
- Popular sport
- Unaccompanied
- UK record label
- New Brunswick attraction, ___ Rocks
- Luxury 'house' of France



- The Merchant of Venice character
- ___ acid
- Dog, with Lhasa
- Composer Mr. Berlin, et al.
- Badger
- Soaks flax
- Night: French

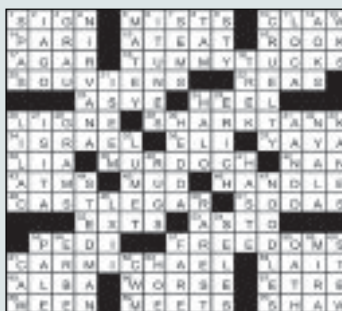
- Classic record label
- Sister on "Charmed"
- Mil. titles
- Way to travel: 2 wds.
- Actress Jessica
- Three: French

- Mack ___ (Canadian filmmaker known for his Keystone Kops movies)
- Big desert
- Travel screening gr.
- "Yup."
- "Touched ___ Angel": 2 wds.

- Central character in Louise Penny's Quebec-set mystery novels, Chief Inspector Armand ___
- Portion
- End in ___ (Draw): 2 wds.
- Harness

- Extract metal from ore
- Guardians in ancient Rome
- CCR's "Born on the ___"
- Robotically-enhanced Sci-Fi human
- "It's done this way...": 2 wds.
- Jackson 5 hometown in Indiana
- Mining discoveries
- Breaks off
- 'D' of CD, variably
- Not worth ___ (Without value)
- Close
- House-coolers in windows, briefly
- Music chord type
- Archaeology-style of prefix
- Tissues brand
- Canadian retailer, established in 1811 in Newfoundland
- 1986 Tony-winning Best Play, ___ Rappaport: 2 wds.
- Fight
- Overly active
- "The ___! ___ Hollywood Story"
- "___" on a Prayer" by Bon Jovi
- Holds up
- Schmoozes
- "How ___ Your Mother"
- Traveller's documentation
- Large instrument
- Alphabetic trio

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today 25°/13° Sunny

Wednesday 25°/14° Sunny

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